6. A method according to claim 1 wherein the first toothpaste or gel composition has a pH ranging from 3.2 to 5.0.

7. A method according to claim 1 wherein the peroxygen compound is selected from the group consisting of hydrogen peroxide, urea peroxide, calcium peroxide, calcium peroxide and the salts of perborate, persilicate, perphosphate and percarbonate.

8. A method according to claim 5 wherein the fluoride ion source is selected from the group consisting of sodium fluoride, stannous fluoride and sodium monofluorophosphate.

9. A method for inhibiting gingival bleeding and improving texture and consistency of gingival and periodontal tissues which comprises:

(i) delivering a first composition to a receptacle, the first composition comprising from about 0.1 to about 10% by weight of zinc salt in a pharmaceutically acceptable carrier;

(ii) delivering a second composition to the receptacle, the second composition comprising from about 1 to about 80% by weight of a bicarbonate salt in a pharmaceutically acceptable carrier;

(iii) transferring from the receptacle into the mouth a combination of the first and second compositions within five minutes of their delivery to the receptacle; and

(iv) agitating the combination of first and second compositions within the mouth against the gingival and periodontal tissues.

10. A method according to claim 9 wherein the receptacle is selected from the group consisting of a cup and a toothbrush.

11. A method according to claim 9 wherein the first composition further comprises from about 0.1 to about 10% by weight of a material selected from the group consisting of a peroxygen compound and a (C_2–C_{20} carboxylic acid.

12. A method according to claim 11 wherein the peroxygen compound is selected from the group consisting of hydrogen peroxide, urea peroxide, calcium peroxide and the salts of perborate, persilicate, perphosphate and percarbonate.

13. A method according to claim 11 wherein the C_2–C_{20} carboxylic acid is selected from the group consisting of citric, malic lactic and ascorbic acids.

14. A method according to claim 9 wherein the second composition further comprises a fluoride source present in an effective amount to inhibit formation of caries on teeth.

15. A method according to claim 9 wherein the zinc salt is zinc citrate.

16. A method according to claim 9 wherein the first composition has a pH ranging from 3.2 to 5.0.

17. A method according to claim 9 wherein the relative weight ratio of the first composition to the second composition ranges from about 1:2 to 2:1.

18. A method for inhibiting gingival bleeding and improving the texture and consistency of gingival and periodontal tissues which comprises:

(i) extruding a first composition onto a toothbrush, the first composition comprising from a bout 0.1 to about 10% by weight of zinc salt in a pharmaceutically acceptable carrier;

(ii) extruding a second composition onto the toothbrush comprising from about 1 to about 80% by weight of a bicarbonate salt in a pharmaceutically acceptable carrier;

(iii) brushing gingival and periodontal surfaces surrounding the teeth simultaneously with a combination of the first and second compositions.

19. A method according to claim 18 wherein the first and second compositions are extruded simultaneously onto the toothbrush.

20. A method according to claim 18 wherein the first and second compositions are extruded nonsimultaneously onto the toothbrush.

21. A method according to claim 18 wherein the first composition further comprises from about 0.1 to about 10% by weight of a peroxygen compound.

22. A method according to claim 18 wherein the first composition is a gel.

23. A method according to claim 18 wherein the second composition further comprises a fluoride ion source present in an effective amount to inhibit formation of caries on teeth.

24. A method according to claim 18 wherein the first composition has a pH ranging from 3.2 to 5.0.

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